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Counting  
the pennies



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Take  
the test!



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Saba  
scores

# the newham mag

issue 363 // 7 – 20 April 2017 // Every fortnight



## Honouring Dame Vera

Still the Forces  
Sweetheart at 100 (p8)



Look out for the next issue from **21 April 2017.**

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# News

## Residents race to snap up discount tickets

**Paralympic silver medallist Toby Gold and three-time Olympic medallist Kriss Akabusi helped Mayor Sir Robin Wales and pupils from Carpenters School unveil a unique Newham resident ticket offer for the World Para Athletics Championships London 2017.**

Residents are being given an opportunity to snap up discount price tickets for some sessions at the championships in July at the London Stadium in Queen Elizabeth Olympic Park, Stratford.

Gold, who came second in the T33 100 metres at the Rio 2016 Paralympic Games and Akabusi, a multiple Olympic, world and European medallist in the 4x400 metres relay and 400m hurdles, launched the offer by putting the schoolchildren through their paces at a mini-sports day on the London Marathon Community Track next to the stadium.

The offer enables Newham residents to buy adult tickets for as little as £8 and tickets for under-16s for £3.

Toby said: "I am extremely excited at the prospect of being out there on the track at the World Para Athletics Championships. It is fantastic that the organisers and Newham Council have come together to offer something special for residents. I hope as many as possible are coming to watch."

Kriss, said: "London 2017 is shaping up to be the biggest sporting event in the world this year and Newham residents

have been given an incredible opportunity to cheer on our athletes as they compete to win medals for the country."

The discount initiative came on the back of free tickets being offered to every school in Newham for the championships.

Sir Robin Wales helped secure the deal for the borough. He said: "We invested in the former Olympic Stadium so that we could secure a legacy from the 2012 Games, make it a multi-use

venue for sporting events like the World Para Athletics Championships and provide benefits and opportunities for our residents through cheap ticket offers."

Visit **[www.tickets.london2017athletics.com](http://www.tickets.london2017athletics.com)** and enter in code **NEWHAM2017**. Closing date: Sunday 9 April at 20.17pm



The launch at the community track

## Star athletes put pupils on right track



# News

## Pupils not stumped by success

Newham councillors Forhad Hussain and Mukesh Patel cheered on pupils from Elmhurst Primary School in Forest Gate as they reached the finals of the British Land Capital Kids Cricket League at Lord's Cricket Ground.

The competition, run by Capital Kids Cricket, is the biggest of its kind in the country and brings together 2,700 pupils from more than 170 primary schools across 14 London boroughs to play competitive indoor cricket over a six-month period.

The finals involving eight teams took place at the prestigious MCC Academy at Lord's. Though they won the competition last year, Elmhurst were among the gallant runners-up this year.

The pupils were treated to a tour of Lord's as part of their big day. Councillor Hussain, Cabinet member for sport and leisure, and crime and anti-social behaviour, said: "The achievement of the Elmhurst pupils cannot be under-estimated. They played great cricket and were fine ambassadors for Newham."



Cllrs Hussain and Patel with the Elmhurst pupils



Cllrs Furness and Easter at the even with residents

## Support offer is just the job

Newham councillors Canon Ann Easter and Clive Furness helped residents discover some of the opportunities available to support residents with learning difficulties and their families and carers.

The event at The Hub community centre in Canning Town was organised by Newham Council's adult social care team and the Canning Town community neighbourhood team.

Among information available was from the council's Workplace Supported Employment team, which offers specialist advice to help people with disabilities find jobs. There was also health checks and fun activities.

Councillor Clive Furness, mayoral adviser for adults and health, said: "Events like the one at the Hub play an important role in helping people with learning disabilities, their families and carers find out more about the wide range of opportunities and support from the council and other organisations to help enhance their quality of life."

# Pupils prove cricket aces at Lord's



## ...in brief

### Newham homes are streets ahead

Newham councillor Terry Paul helped cut the ribbon to officially open a new street in Plaistow named after American philanthropist and social housing pioneer George Peabody.

More than 150 residents attended a fun event to officially open George Peabody Street,



Cllr Paul, right, and Mr Howlett cut the ribbon

which is part of a 168-home development on the site of the former Plaistow Hospital. It also marked the 155th anniversary of the Peabody Trust, which offers a range of affordable homes and community programmes across London.

The new flats and houses were developed following a design competition held in 2012 to celebrate Peabody's 150th anniversary. The development includes five of the original Victorian hospital buildings. Peabody gifted eight homes at the site to Newham Council.

Councillor Paul, mayoral adviser for housing, cut the ribbon with Peabody chief executive Stephen Howlett. Councillor Paul said: "It is important that we have high quality affordable housing like this development."

### Support helps young victims of abuse

Newham Council has received £2.6 million from the Department for Education to develop new approaches to children's social care.

The funding will go to projects that improve looked-after children's transition into adulthood as well as supporting children affected by domestic abuse to achieve their learning potential. Therapists and specialists trained in domestic abuse cases will also be recruited.

Councillor Quintin Peppiatt, Cabinet member for children and young people, said: "It is great the Government has recognised what we are doing to support families affected by domestic abuse. This funding will enable us to further transform their life chances."

### Tennis boost is smashing

From 10 April Newham Council is starting a £370,000 upgrade over four months to 12 tennis courts in Lyle Park, Canning Town; Gooseley Playing Fields, East Ham; Central Park, East Ham; and Stratford Park.

Once work is over the courts will be available for hire through a new Tennis Membership scheme for an annual fee of £30 or residents can book a court on a pay as you play hire. Anyone wanting more information should email [playtennisnewham@activenewham.org.uk](mailto:playtennisnewham@activenewham.org.uk)

### Fun with Shakespeare

Residents have an opportunity to celebrate the life and works of William Shakespeare at North Woolwich Library, Pier Parade, on 22 April from 2pm to 4pm by creating Shakespearian pictures for an exhibition.

There is also a quiz for young readers on 25 April from 4pm to 5pm and Shakespeare on Film on 27 April from 1.30 to 3.30pm for adults and from 4pm to 6pm for families. On 29 April from 2-4pm you can enjoy art.

### Station given a facelift

Network Rail is carrying out essential work to improve Forest Gate Station as part of the Crossrail programme.

The work takes place until December and includes new lift pits and shafts, new lift cars, new stairs to platforms and repairs to the existing footbridge. Residents can expect increased noise and closures of Forest Lane.

# Hospital site welcomes 168 new homes

# Mayor's view

## Poorest shouldn't pay price for reform

We should all be rightly proud of our schools and the hard work of our teachers, parents and pupils.

Our education results have improved year on year in every key stage from Early Years Foundation Stage, right through to A-Levels. Ten schools this week received congratulatory letters from the Department for Education because they are in the top ten per cent of schools nationally for progress in all of reading, writing and mathematics.

We have demonstrated in Newham that educational standards can improve dramatically through a combination of adequate funding and hard work by the local authority and teaching staff.

The Government should look to level up funding in other areas which are poorly funded rather than punishing our schools' success by slashing their budgets. Any education policy premised on disregarding hard work and success seems completely immoral and counterintuitive.

High quality education is one of the biggest determinants of a child's life chances and in Newham we are passionate about giving all young people the same opportunities as those in other parts of London. However, the Government's proposals to change the school funding formula will see £8 million taken from our schools, despite the

fact that Newham still has high levels of deprivation and our children and young people still face huge disadvantages compared to other parts of England.

The Government's own Indices of Multiple Deprivation show that the net effect of the formula is to snatch funding from our poorest communities and hand it over it to more affluent areas. Under these proposals a shocking £32 million will be taken from the 25 most deprived local authority areas, including Newham, and the 25 least deprived will gain £115 million.

It is unacceptable and indeed immoral that the poorest children in Newham and across England should be forced to pay the price.

**"the Government's proposals to change the school funding formula will see £8 million taken from our schools."**

The fact that the Government is now looking to review the national schools funding formula is a recognition that the educational outcomes for children are directly affected by school funding levels. If the Government accepts that a child's life chances are directly affected by school funding, how can it possibly justify dramatic cuts to school budgets, especially in areas where school funding has worked?



**Our schools should not suffer**





# We stand together against terror

The recent events in Westminster left us all shocked and deeply saddened. The thoughts of everyone associated with Newham Council continue to be with the families and friends of those killed and injured.

The tragedy of the situation hit us at the council in particular when we learned that Pc Keith Palmer, the brave officer who was stabbed to death outside the Palace of Westminster, was the husband of a member of our staff.

We have extended our deepest sympathy and condolence to Keith's widow Michelle and her family and her friends and we have offered our full support to her and her work colleagues as they deal with the situation in the weeks ahead.

**"We must continue to build and sustain our strength and unity. We Stand Together!"**

What happened at Westminster was an attack on innocent people, on our Capital city and on democracy itself. Our message – and our response – remains a simple yet powerful one of resilience, solidarity and defiance. Terrorists must never – and will never – be allowed to win.



Our message at the London Stadium, jointly owned by Newham Council

We all need to continue to send a loud and clear message that Newham and the whole of London remains open. It is paramount that as a community we must all stand together to condemn the appalling actions of the individual who claimed the lives of innocent people of different nationalities and faiths.

This borough is a place of many beliefs and cultures and we must continue to celebrate our togetherness.

We welcome diversity. We are proud

of our tradition of welcoming those who come here and are prepared to work for a better life for themselves and their family. You don't have to have been born here to belong here, to feel at home here and to be part of the community.

We stand united and will not allow the actions of terror to divide us. We will not tolerate attacks on any individuals, institutions or communities. We must continue to build and sustain our strength and unity. We Stand Together!

# Happy 100th birthday Dame Vera

**To be called a national treasure is an honour not given lightly, but it applies to Forces' Sweetheart Dame Vera Lynn. As she celebrated her 100th birthday on 20 March, Newham Council and pupils from her former primary school in East Ham, joined the nation in paying tribute to the singer who inspired the brave servicemen and women who kept us safe.**

She was born Vera Margaret Welch at Thackeray Road, East Ham, to Annie Welch, a dressmaker, and Bertram Samuel Welch, an assistant coppersmith. Encouraged by her parents, Dame Vera loved singing as a child and took her maternal grandmother's maiden name Lynn for the stage. From 1921 to 1938 she lived in Ladysmith Avenue, East Ham.

**"Dame Vera was the girl next door from East Ham who boosted the morale of the nation who waited at home and those who fought."**

Dame Vera began singing at family events. She made her public debut aged seven at working men's clubs. Two years later she joined a juvenile troupe and from 1935 was singing on radio with the Joe Loss band. In 1937 she appeared with the Ambrose Orchestra in West End nightclubs, remaining with them until 1940 when she went solo.

She was 22 at the outbreak of war and already appeared on early, experimental television and was doing regular radio broadcasts.

It was her 1939 recording of We'll Meet Again that thrust her into the hearts of the nation because of the nostalgic lyrics that were popular with troops abroad and families at home. That same year she was awarded the title Forces' Sweetheart following a Daily Express poll among its readers to name their favourite singer. She also starred in a radio show, Sincerely

Yours, popular with soldiers on the front line. She also visited Egypt, Burma and India.

For her support of the services Dame Vera received the British War Medal (1939-1945) and the Burma Star. She received an OBE in 1969 and became a Dame (DBE) in 1975. In 2016 she was appointed a Member of the Order of the Companions of Honour (CH).

To mark the milestone of her 100th birthday Newham Council erected new signs in streets with a connection to Dame Vera. They were put up as part of the council's heritage programme commemorating people and places with historic links to the borough.

Members of G Company 7 Rifles, based in West Ham, helped Councillors Ken Clark, Forhad Hussain, Rachel Tripp and Bryan Collier, unveil the signs in Vera Lynn Close, Forest Gate.

**"We were delighted to be able to wish her a very happy 100th birthday."**

Councillor Clark, deputy mayor (statutory) and Cabinet member for community neighbourhoods, regeneration and planning, and public affairs, heads the heritage project. He said: "Dame Vera was the girl next door from East Ham who boosted the morale of the nation who waited at home and those who fought during the darkest days of the Second World War. It is right that we recognised and honoured that and celebrated one of our most loved former residents on her

100th birthday."

Captain Lee Flitcroft, from G Company 7 Rifles, said: "When serving overseas, it is always important that we have something that connects us with home. That was what Dame Vera Lynn did during World War Two when she lifted the spirit of millions. We were delighted to be able to wish her a very happy 100th birthday."

**"I am truly overwhelmed by the wonderful messages, gifts and gestures that people have made to mark this milestone occasion with me."**

A choir of 20 Year 5 pupils at Brampton Primary School, which Dame Vera attended, sang four songs for her on a live link over Skype, including her much-loved songs We'll Meet Again and The White Cliffs of Dover. Dame Vera told them: "I have very happy memories of my days at Brampton Road school and I do hope that you are happy there now."

Dame Vera also said in a statement: "I am truly overwhelmed by the wonderful messages, gifts and gestures that people have made to mark this milestone occasion with me. I feel blessed to have reached 100 and I am humbled by everyone's kindness."

**For more information about heritage in Newham visit**  
**[www.newham.gov.uk/heritage](http://www.newham.gov.uk/heritage)**





Councillors joined by G Company 7 Rifles



Brampton Primary School pupils sang to Dame Vera



Visiting Brampton Primary School in 1996





# Fraud Prevention Workshop

East Ham Town Hall, 328 Barking Rd, E6 2RP  
Friday 28 April, 11am-1pm

Newham Council's Community Neighbourhood Link Workers have teamed up with Barclays Bank to host a fraud prevention seminar for older residents. Come along for tips on:

- staying safe online
- recognising different fraud scenarios
- protecting your personal and security information
- what to do if you are a victim of fraud.

**Places are limited.** To book your place or for more information, email [Zakir.Adam@newham.gov.uk](mailto:Zakir.Adam@newham.gov.uk) or call **020 3373 8323 / 07812 675 213**



## You can recycle all these items in Newham



**Keep Newham Clean**  
[www.newham.gov.uk/recycling](http://www.newham.gov.uk/recycling)



# Give your finances a Spring clean and make your money work

It's Spring and the beginning of a new tax year, so what better time to review your financial situation to get a clear picture about what's happening to your money. MoneyWorks will help you Spring clean your finances, so you don't have to rely on payday loans with extortionate fees.

We could all use some help to manage our money, but it can be hard to know what advice to trust, or when we are being sold something we don't really need. However, MoneyWorks, funded by Newham Council, provides an ethical and affordable alternative to high cost credit providers. Newham residents no longer have to rely on payday loans that result in long term financial difficulty.

Whether you're in need of emergency cash or help with everyday purchases, we have a range of fair financial products to help you. Our products have affordable repayment terms and can help with everyday purchases as well as those important expensive one-off items. In addition to affordable loans, MoneyWorks provides smart spending tips to help reduce your debts or grow your savings to make your money go further.

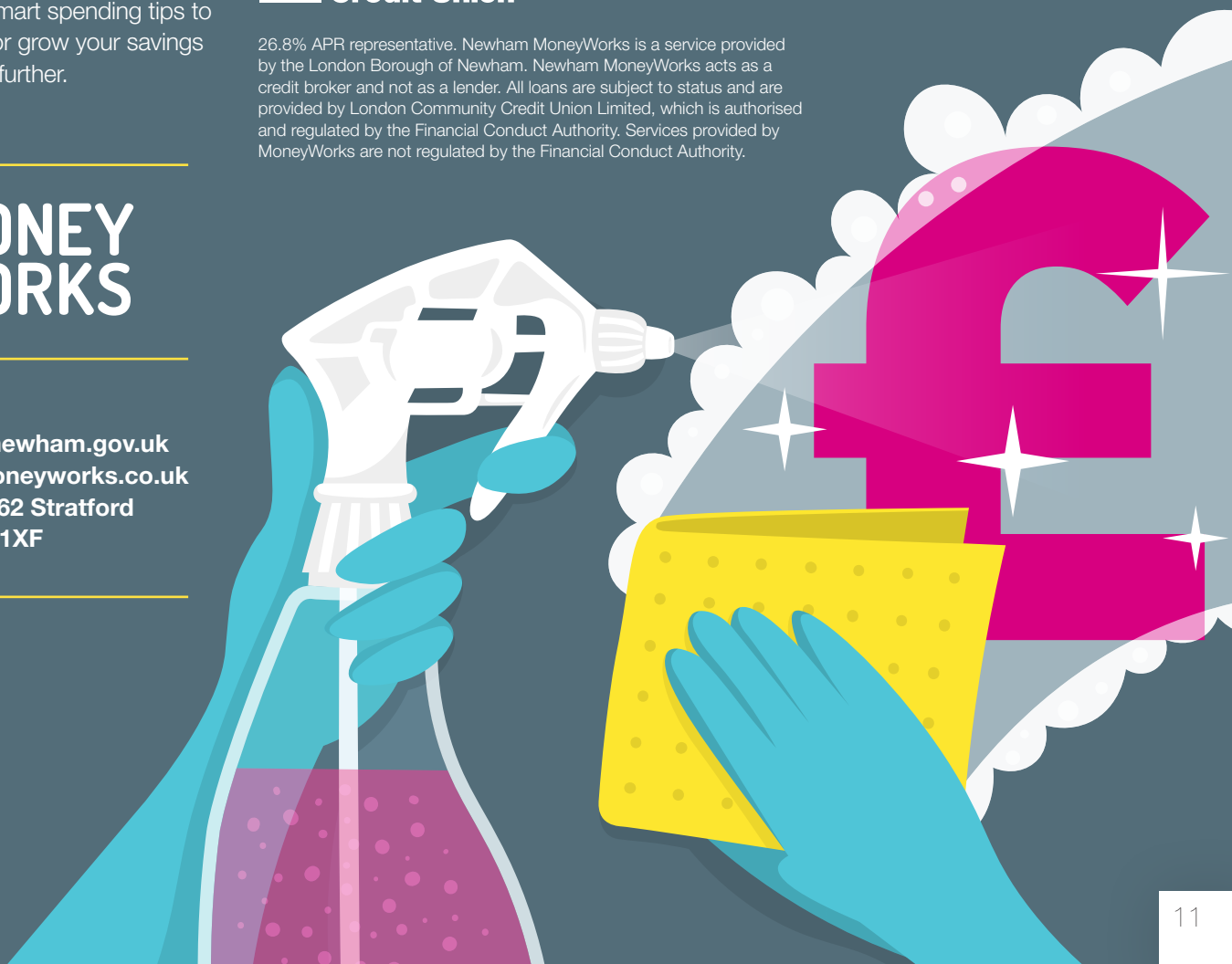
*The figures are based on repayment over a six-month period		
	MoneyWorks	High street lenders
Loan value	You pay back	You pay back
£500	£539.82	£723.60
£1,000	£1,079.58	£1,896
£1,500	£1,619.34	£2,413.32

London Community  
Credit Union

26.8% APR representative. Newham MoneyWorks is a service provided by the London Borough of Newham. Newham MoneyWorks acts as a credit broker and not as a lender. All loans are subject to status and are provided by London Community Credit Union Limited, which is authorised and regulated by the Financial Conduct Authority. Services provided by MoneyWorks are not regulated by the Financial Conduct Authority.



Call: 020 8430 2041  
Email: [moneyworks@newham.gov.uk](mailto:moneyworks@newham.gov.uk)  
Web: [www.newhammoneyworks.co.uk](http://www.newhammoneyworks.co.uk)  
MoneyWorks, Unit 61-62 Stratford  
Shopping Centre, E15 1XF





# Revised Bank Holiday refuse and recycling collection days

Collection day	Revised collection day
Monday 10 April	Saturday 8 April
Tuesday 11 April	Monday 10 April
Wednesday 12 April	Tuesday 11 April
Thursday 13 April	Wednesday 12 April
Friday 14 April	Thursday 13 April
Monday 17 April	Tuesday 18 April
Tuesday 18 April	Wednesday 19 April
Wednesday 19 April	Thursday 20 April
Thursday 20 April	Friday 21 April
Friday 21 April	Saturday 22 April

To check recycling collection dates for your area please visit [www.newham.gov.uk/myneighbourhood](http://www.newham.gov.uk/myneighbourhood) and enter your postcode into the search. Please note that most recycling collections are fortnightly.

 **recycle for Newham**

visit [www.newham.gov.uk/recycling](http://www.newham.gov.uk/recycling)

London Borough of Newham  
**COMMUNITY NEIGHBOURHOODS**

## Branch Out taster session

**Social group for people with Asperger's and autism**

Thursday 13 April (1-3pm)  
Plaistow Library, North Street,  
E13 9HL

If you or someone you know has autism or Asperger's Syndrome then come along to take part in this taster session featuring interactive games, a games competition, opportunities to try out exercise machines and lots more.

To book your place or for more information email [Habiba.AliASC@Newham.gov.uk](mailto:Habiba.AliASC@Newham.gov.uk) or call **020 3373 2809 / 07812 675 216**



**Free**





Cllr Clarke, centre, with the advocates

# You CAN beat bowel cancer

**Health advocates from Canning Town charity Community Links are delivering training to non-clinical staff in GP practices to raise awareness of the signs and symptoms of bowel cancer and the effectiveness of national screening programmes.**

Surgeries across the borough have been invited to take part in the training, funded by NHS Newham Clinical Commissioning Group (CCG).

Bowel cancer is the UK's second biggest cancer killer but it is treatable and curable, especially if diagnosed early. Using and returning a home screening kit can offer peace of mind and increase the chance of an early diagnosis.

Councillor Frances Clarke, Cabinet member for health promotion, said: "We know that thousands of people have already returned their bowel screening test, but less people in this area send in their test than other parts of the country, so they're at risk of not getting medical attention they might need. If we detect

bowel cancer early, the chance of survival is nine out of ten. If we detect it late, the chance is only one out of ten."

**"If we detect bowel cancer early, the chance of survival is nine out of ten."**

The screening kit is easy to complete. Collecting a sample only takes a minute, and the packaging is provided. Storing the samples properly means the process is not unhygienic or dirty, and the postage to return the kit is pre-paid, so there is no cost to complete the test.

**Residents aged 60-74 registered with a GP should automatically receive a FREE bowel cancer screening kit in the post. If you're aged 75 or over, or if you've lost yours, call 0800 707 6060 to request a free kit. If you're unsure how to use it you can ask at a pharmacy or GP practice. For more information visit [www.cancerscreening.nhs.uk](http://www.cancerscreening.nhs.uk)**

funded by



# Struggling with your finances?

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with MoneyWorks



Spring clean  
your finances

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Affordable loans  
Smart spending

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**[www.newhammoneyworks.co.uk](http://www.newhammoneyworks.co.uk)**

 **London Community  
Credit Union**

**Mayor of  
Newham**



# Tackling a sticky problem

Newham Council believes our residents deserve to live in a clean, safe and pleasant environment. As part of our New Deal for Newham, our street cleansing teams are continuing to tackle the problem of unwanted, unsightly and offensive stickers.

To highlight the efforts of our enforcement teams and police officers, the council has issued images of people who have been caught fly-posting.

This includes a group of four arrested in High Street North, East Ham in February this year. Police searched them and found each one was carrying more than a thousand unused stickers. They were arrested and admitted they had been paid £30 cash by an unknown person to put the stickers on street furniture. They were

each issued with a police caution.

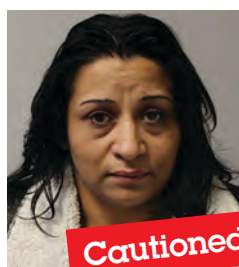
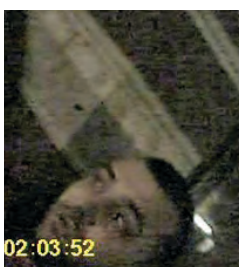
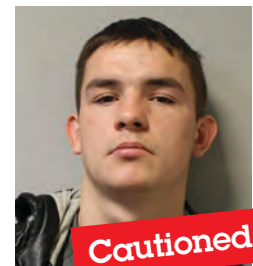
The council and its Enforcement Partnership Team (EPT) have been targeting these criminals for some time, and over the past two years, more than 30 have been arrested by the EPT for similar offences.

Also released are images of a further ten people who have been issued with fixed penalty notices for fly-posting. These fines have not yet been paid, and the police and council are keen to hear from anyone who can help trace them. **You can**

report them online via My Newham at [www.Newham.gov.uk](http://www.Newham.gov.uk)

**"It is a crime and we will pursue those who take part."**

Councillor Forhad Hussain, Cabinet member for crime and anti-social behaviour, said: "We take the issue of fly-posting very seriously and want to remind people that it is a crime and we will pursue those who take part."



**New  
Deal  
For  
Newham**



# Coaching cricket

**Solicitor Saba Nasim is not yet 30 but she has already been awarded the British Empire Medal in The Queen's New Year Honours for her commitment to coaching women and girls in cricket.**

Her love of cricket began at an early age when she used to watch international matches on TV, especially the Pakistani stars, and playing in the garden with her younger brother. In addition, both her parents, who were quite sporty, encouraged her to take part in sports – so much so that her mother was quite keen for her to pursue a career as a professional sportswoman.

Their encouragement paid off as Saba took up cricket at Plashet School in East Ham where she played and captained for four years. However, it was only after finishing university that Saba decided to return to her passion and began playing and coaching the sport at her local cricket club.

**“I want to use sport as a vehicle to drive change in the community, promote social cohesion and empower young people.”**

Now she spends most of her free time coaching and running weekly cricket sessions for girls to get involved with the game. As well as developing their cricketing skills, Saba has also become a mentor and a friend. She helps them with their academic work, teaches them life skills and provides personal guidance and advice.

In 2010 she began coaching girls at Wanstead Cricket Club and now does the same in Newham in female only sessions at the University of East London (UEL) and numerous schools within the

borough during her lunchtimes.

Newham Council, UEL and Essex County Cricket Board are working jointly to help drive women's cricket across the borough by setting up a series of development hubs. Councillors Ayesha Chowdhury and Aileen Alarice recently took part in a coaching session run at UEL by Saba.

Saba said: “It is about getting women to become more active but I also want to tackle the notion that you can't be academically bright and be good at sports. I am a solicitor but I am also a successful cricketer having been selected to represent the prestigious MCC (Marylebone Cricket Club-based at Lord's Cricket Ground) and getting into the Women's Essex County Development side recently. I hope to illustrate that you can do both and that they complement each other well.

“I hope the girls see me as a role model. I want to use sport as a vehicle to drive change in the community, promote social cohesion and empower young people to become respectable role models themselves. I envisage setting up more of these community projects in other boroughs to give girls a chance to try the sport.

“At the sessions that I run at UEL & St Angela's School in Forest Gate, the participants are mainly girls from a South Asian background. I think this is because the sessions are being run by a female Asian coach and it caters to the needs of that particular community.

“They are enjoying the sessions and I believe, in addition to giving



them confidence and experience of team working, it also acts as a stress relief during exams.”

Councillor Chowdhury said: “Saba is a great role model for girls and their mothers because she practises what she preaches. She is a successful, professional young woman holding down a full-time job but still makes time to stay active in a sport she loves.”

Councillor Alarice said: “I found the session with Saba both useful and inspiring. I believe sport is vital not just to helping our residents become fit and healthy but in helping them connect and engage with each other.”

If you are interested in getting become involved with cricket you can contact Saba on twitter [@sabanasim7](https://twitter.com/sabanasim7).

**Free cricket taster sessions for women**

-----  
**UEL SportsDock, University Way, E16**  
**Tuesdays, 5-6pm**  
**To register email [a.akram@uel.ac.uk](mailto:a.akram@uel.ac.uk)**



Saba Nasim



# Helping residents to get on the housing ladder

Nearly half of Newham residents live in privately rented accommodation and rising rents and high house prices have made ownership unrealistic for many. Newham Council believes all our residents should have the opportunity to live in a home of their own, at affordable prices.

Mayor Sir Robin  
Wales with Stephen  
Thompson (far left),  
James Murray (second  
right) and Councillor  
Ken Clark (right)





The council has built its first homes for 30 years and Mayor Sir Robin Wales recently handed over keys to the first families to move into six homes in Stratford. Now, Newham Council has launched an affordable housing company with the purchase of 211 planned units at West Ham United's former home in the Boleyn Ground in Upton Park.

The company will be the first of its kind, and its aim is to deliver thousands of genuinely affordable homes for residents. Once complete and where possible, the homes will be offered to Newham residents on a range of different, affordable rents.

The 211 properties, being built by Barratt London in Upton Park, will form part of an independent company set up by the council to deliver a mixture of affordable homes for residents and is part of the council's comprehensive strategy to address the borough's housing crisis.

The company will develop further by purchasing properties from schemes and developments in the borough. It will also determine a rent policy that is both fair and affordable for residents on average and low incomes.

**"This company will deliver a new, fairer housing alternative giving people on low and moderate incomes genuine security"**

Mayor Sir Robin Wales along with James Murray, deputy mayor of London for housing and residential development, visited the site to officially launch the ground-breaking initiative along with Stephen Thompson, operations director for Barratt London.

Properties will be available at a mixture of different submarket rents including rental bands at 80, 60 and 40 per cent of market rent where possible. Over time, as the council is able to increase its subsidy, more homes will be provided in the lower bands.

Sir Robin said: "This company will deliver a new, fairer housing alternative giving people on low and moderate incomes genuine security. By paying less rent, residents will have the chance to

save for a home deposit, giving them an opportunity to get on the housing ladder.

"The Boleyn Ground is an iconic site and I want to ensure Newham residents have the opportunity to live there. By purchasing the affordable housing element, rents can be set which are truly affordable. A fair system is one in which there is a link between what people earn and what they are asked to pay in housing costs. By establishing that link, we can make sure people are not forced out of Newham because of the housing crisis."

**"The Boleyn Ground is an iconic site and I want to ensure Newham residents have the opportunity to live there. "**

Newham Council has already introduced a range of different initiatives to tackle the housing crisis. This company complements already successful schemes including:

- > Improving conditions for private renters through the nation's first borough-wide selective licensing scheme. It has been

so successful the council is currently applying to the Government to extend the scheme for another five years

- > Helping residents onto the housing ladder through NewShare, our shared equity initiative
- > Local Space is a not-for-profit landlord which provides quality temporary accommodation in Newham and neighbouring boroughs to tackle homelessness
- > Our housing allocations policy prioritises members of the armed forces and residents who are in employment
- > Red Door Ventures is an independent company set up by the council to build quality private sector accommodation with profits reinvested in more housing and council services.

**For more information about housing in Newham, visit [www.newham.gov.uk/housing](http://www.newham.gov.uk/housing)**



The proposed Boleyn Ground development



'One of the most  
life-affirming, inventive  
and beautiful shows'

The List



'His voice  
is stunning.'

Broadway Baby

# BLACK

Le Gateau Chocolat's intimate life portrait  
performed with a 13-piece orchestra

4-8 April

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# SMOTHER

By 201 Dance Company



'A striking  
dystopian fairytale  
reminiscent of  
Jamie Brittain's  
*Skins*'

EdFest Magazine



'Takes hip-hop  
into a thrilling  
new terrain'

The Guardian

13 & 15 April

## Do you have an idea for a New Social Enterprise but need funding to set up?

The Beyond Business Programme, Bromley by Bow Centre are offering start up funding for new or emerging Social Enterprises across Tower Hamlets, Hackney and Newham. Applicants and the Social Enterprise must be located in these Boroughs.

### What is the Beyond Business Programme?

Beyond Business has already launched a network of 65 plus Social Enterprises in the East End and provides:

- Start up funding,
- Strategic and business planning guidance, and
- Practical business support including training and mentoring.

### Is my idea for a social Enterprise eligible?

- To be eligible for a start up grant of up to £17,000 your idea for a Social Enterprise must:
- Have a clear social purpose and outcomes, such as employment for people with barriers to work, youth training, healthy living and local environmental improvements.
  - Have a sound business proposition and the potential to be financially sustainable without reliance on grant funding.
  - Full eligibility criteria will be sent to all applicants.

### How will Applicants be assessed?

- Stage 1: Applicants submit an expression of interest form for a panel review.
- Stage 2: Applicants successful at Stage 1 will be invited for an interview.
- Stage 3: Applicants successful at Stage 2 complete a business plan, with support from the Beyond Business team.
- Stage 4: Applicants successful at Stage 3 present their business idea and plan to an independent Dragons' Den panel on 26<sup>th</sup> September 2017 - funding then approved for successful applicants.

### Need an expression of interest form?

Please contact: Kim Hayman, Beyond Business, Bromley by Bow Centre, St Leonard's St, E3 3BT  
Telephone: 020 8709 9722  
Email: [Kim.Hayman@bbbc.org.uk](mailto:Kim.Hayman@bbbc.org.uk)

The closing date for Submission of Expressions of Interest is 5pm on the 5th May 2017.

For any other information, please contact Kim Hayman



London Borough of Newham  
**COMMUNITY  
NEIGHBOURHOODS**

## What's on in Newham

Download the free app

Available from Apple App Store and Android Google Play Store

Or visit [www.newham.gov.uk/communityevents](http://www.newham.gov.uk/communityevents)





## Old and young – learn from each other

**Curwen Cares is a collaborative project between Newham Council's Community Neighbourhood Link Workers and Curwen Primary School in Plaistow, which promotes inter-generational relationships between children and older residents.**

London Borough of Newham  
**COMMUNITY  
NEIGHBOURHOODS**

The project allows young and old to learn from each other, and was inspired by a similar scheme run by Kensington Primary School, Manor Park.

At Curwen, pupils from Years 5 and 6 were selected as Curwen Cares Ambassadors. They welcomed the older visitors to school, and spent time getting to know them. Together, they took in the finale of Curwen's annual International Week, where the school celebrates the diverse backgrounds of students and staff.

The week involved learning about different cultures, speaking different languages, a cooking competition celebrating traditional cuisine, and a giant carnival. On top of this, Curwen's visitors, including Chair of Newham Council

Joy Laguda, were invited to judge the traditional Fashion Show that headlines the carnival, and presented a trophy to the winning year group.

Tom Drayton, pupil voice leader at the school, said: "It's great to see the children and the locals so engaged with each other. The children really enjoy hosting events for our older friends to get involved with, and to learn about life from locals with a little more history than themselves! We're all really looking forward to welcoming them again soon for our Easter bonnet parade."

Councillor Ken Clark, deputy mayor (statutory), Cabinet member for building communities, public affairs, regeneration and planning, said: "Everyone benefits

from such a simple scheme. Many isolated pensioners enjoy finding out about the school and the children learn so much about the history of where they live. I really hope more schools in Newham would like to participate."

**Community Neighbourhood Link Workers support residents with disabilities and long-term health condition to stay active and connected to their local community. To find out more email [CHSocialCare@newham.gov.uk](mailto:CHSocialCare@newham.gov.uk) or call 020 8430 2000 (option 2).**



## Young's effort pays off with new park

Children who spent years working on creating a new park and outdoor learning area at their school have celebrated its opening.

The park, at Ranelagh Primary School in Corporation Street, Stratford, features a crocodile swing, a pirate ship, climbing frames, an outdoor learning space as well as gardening facilities.

The school was joined by the wider Ranelagh community for the opening ceremony which began with the choir singing a brilliant rendition of Ain't No Mountain High Enough.

Sheila Lawrenson, head teacher at the school, said: "Our school council are the heart and soul behind this park. They surveyed all the children across our school, collected their ideas and then designed the park themselves. I'd like to say thanks to them on behalf of everyone within our Ranelagh community."

Over the past few years, the children have been integral to the whole process, choosing and modifying designs and holding various events to help raise money for the development.



The proud youngsters cut the ribbon to declare the park open

## SCOUTS' ACHIEVEMENTS RECOGNISED AT AWARDS NIGHT

A group of Newham Scouts are celebrating after they were presented with a series of awards reflecting their achievements.

Councillor Bryan Collier joined members of the 25th Newham East

Scout Group for an awards evening held in Gilwell Park, Chingford, the UK headquarters of Scouting. Six Explorer Scouts received their Bronze Duke of Edinburgh awards and three were presented with Silver Duke of Edinburgh Awards.

The group also celebrated the successful application of a Go for It grant from Newham Council which has been used to purchase new camping equipment for future award expeditions.

Antony Allen, Group Scout Leader, said: "As the Group Scout Leader, I have been privileged to support these young people on their journey; overcoming personal and social barriers, they have demonstrated resilience and a passion for adventure as they strive to be active and productive members within the community."



The Scouts were rewarded for their hard work



## PUPILS MARK WORLD BOOK DAY THEIR WAY

Children and staff at Essex Primary School joined forces to stage a collaborative performance that marked World Book Day and celebrations for Mother Tongue Day.

In front of an audience of families and invited guests pupils from Key Stage 1 told stories from across the globe. They were stories familiar to everyone but were adapted and altered to fit the needs and beliefs of different cultures, including Cinderella, Sinbad and Puss in Boots.

The performance was subtitled Changing Stories From Around The World and pupils demonstrated how the same stories have played a key role in the formation of many great societies.

Rosie Cowan, head teacher at the Manor Park school, said: "I was captivated by the stories being told and the maturity with which the pupils dealt with the material. Celebrating the common threads between our own background and those of our neighbours and our classmates is central to life here at Essex Primary School."

## STUDENTS PLAY PART IN BIGGEST WILDLIFE SURVEY

A group of five Year 7 students from St Bonaventure's in Forest Gate took part in The Big Schools' Birdwatch organised by the Royal Society for the Protection of Birds.

The survey has been hailed as the World's biggest wildlife survey with thousands of schoolchildren taking part in it across the country.

Albert Asante-Owusu, Christian Costales, Shayne Ana, Agin Joseph-Justine and Johannes Roche got close to nature as they went to West Ham Park with Paul Halliwell, head teacher and two other members of staff who collected the data.

In the park, the boys split up into groups and made tally charts of the different birds they saw in the trees, bushes and on the ground. They saw a variety of birds including robins, pigeons, blackbirds, goldfinches, magpies, rooks and parakeets. The results have been collated and sent off to the RSPB.

Mr Halliwell said: "This was a great way to engage our students with wildlife and they were really keen to help out. They counted birds who count on us for their survival and this was a fantastic lesson for them to learn."



The bird watchers are, left to right, Ms Lisa Skelton, Agin Joseph-Justine, Johannes Roche, Shayne Ana, Christian Costales, Albert Asante-Owusu, Ms Lucie Racon

## LAUREN IS LORD-LIEUTENANT'S CADET

Cadet Colour Sergeant Lauren Abbott from 43 East Ham Detachment Army Cadet Force (ACF) has been appointed a Lord-Lieutenant's Cadet.

Lauren is one of three Greater London Lord-Lieutenant Cadets for 2017/2018 who will accompany the Lord-Lieutenant and the Vice Lord-Lieutenant on engagements for the next 12 months. The cadets, drawn from each service, are selected in recognition of the outstanding example and devotion to duty they have displayed, as a cadet and member of the community.

Lauren was appointed at a special ceremony held in the Bloomsbury headquarters of the University of London Officer Training Corps. She was presented with a certificate to mark the occasion from the Lord-Lieutenant of Greater London Ken Olisa OBE.

Lauren said: "I can't wait for the year ahead, meeting loads of interesting people and going to so many amazing events. It's very exciting."



The Lord-Lieutenant of Greater London Ken Olisa OBE with Lord-Lieutenant's Cadet Colour Sergeant Lauren Abbott



# Kids' Corner



PLEASE SEND OR EMAIL YOUR DRAWINGS,  
JOKES AND POEMS TO:  
**KIDS' CORNER, WEST WING  
4TH FLOOR, NEWHAM DOCKSIDE  
1000 DOCKSIDE ROAD, LONDON E16 2QU**  
or [newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

Don't forget to add your full name, age, address and contact  
number with your entry. We cannot return any entries.

## GALLERY



*Polina Bazibajeva, 9*



*Kai Yun Wong, 4*



*Ayma Ageel, 5*



*Aqib Fiaz, 4*



## Tickets to Stratford Picturehouse

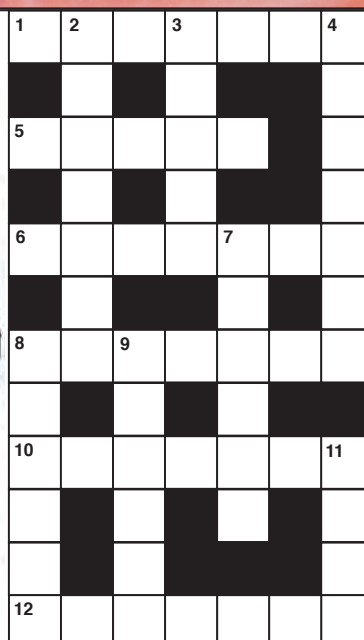
This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send or email your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** or **newham.mag@newham.gov.uk**. Don't forget to write your full name, age, address and contact telephone number with your entry. **Good luck!** Visit **www.picturehouses.co.uk** to see what's on.



Stratford Picturehouse, Theatre Square, E15

# Colour-me-in Crossword



### Across

1. Pieces of yellow, curved fruit (7)
5. Berry used in making wine (5)
6. Chemistry, physics and biology (7)
8. Young person at university (7)
10. Disease with a red rash on the skin (7)
12. Saved from a dangerous situation (7)

### Down

1. Soft fruit, resembling a small peach (7)
3. Granny Smith is a variety of this fruit (5)
4. Piece of orange (7)
7. Polished metal used in sewing (6)
8. Hottest season of the year (6)
9. Planet between Jupiter and Neptune (6)
11. Material found on a beach (4)

## Poem

### My Mum

She's as pretty as roses  
And the best mum  
If she calls me angrily  
I know I've got to come

She's as angry as a crocodile  
She'll snap you if she can  
Oh my, I have to get out of here  
But I'm grounded, oh man

She'll care for you always  
And have you in her arms  
Even if you're crying  
She'll make your nerves calm

My mum is the best  
Best as can be  
And no one can change  
How she made me!

By Zara Sahana Islam, 10





# WHAT'S ON?

Download our What's On app at [www.newham.gov.uk/neighbourhoodevents](http://www.newham.gov.uk/neighbourhoodevents)

## OUR THRILLING THREE...

1

**Easter Egg Hunt** – Free Family activity to find clues and treats around the library. Thursday, 2.30-4pm, 13 April, Manor Park Library, 685-691 Romford Road, E12.

2

**Easter Crafty Adventures** – Challenge yourself with free special craft activities that will keep everyone entertained. Friday, 7 April to Thursday, 13 April, 2-4pm, East Ham Library, 328 Barking Road, E6.

3

**Aqua Fit for the Over 50s** – Your chance to get fit while enjoying being in the water in free sessions organised by Stratford Community Neighbourhood in partnership with Atherton Leisure Centre. Mondays, 2.30-3.30pm, at Atherton Leisure Centre, 189 Romford Road, E15.

## FOOD ACADEMY LUNCH CLUBS

Join in free hands-on cooking classes to prepare delicious food as well as enjoying fun activities to promote wellness. For women only. Advance booking is required, email [hello@food-academy.co.uk](mailto:hello@food-academy.co.uk) for more information.

Tuesdays, 10-12pm and 12.30-2.30pm; Fridays, 10-12pm and 12.30-2.30pm, East Ham Library, 328 Barking Road, E6



## TRY SOMETHING NEW... THE BIG DIG SPRING GARDEN OPENING

Come to explore and get involved in your community garden. Join in for a day of special activities and fun for all ages. You can plant seeds to take home, and join in some fun Easter themed activities. Light refreshments will be provided. Saturday 22 April, 12-2pm at East Ham Library, 328 Barking Road, E6.



### Indicates free sessions

*Libraries unless stated.*

#### UNDER-FIVES

#### **Toy Library**

Introducing toddlers to borrowing toys. *Thurs, 11am-12pm, Beckton*

#### **Storytelling**

*Mon, 11-11.45am, Tues, 10.30-11.30am, Beckton; Tues, 10.45-11.30am, Tues, 1.15-2.15pm, Canning Town; Tues, 10.30-11.30am; Tues, 11am-12pm, Fri, 11am-12pm, Stratford; Fri, 10.30-11.30am, Manor Park; Tues, 10.30-11.30am, The Gate; Sat, 11.30am-12pm, Green St; Tues, 10.30-11.15am, Thurs, 2-3pm, Plaistow; Tues, 10.30-11.15am, North Woolwich*

#### **Stay and Play**


Support for parents and carers to develop their child through play. *Tues, 9.30-11.30am, Jeyes C.C.; Sat, 12-1pm, Green St; Weds, 10am-12pm, Thurs,*

*9.30-11.30am, Sat, 11am-1pm, Stratford; Mon and Thurs, 1-3pm, Jack Cornwell C.C.*

**Jiggaree Session**   
*Fri, 10-11am, Jeyes C.C.*


**Reading Together**   
*Thurs, 2.30-3pm, Custom House*


**Bumps and Babies**   
*Fri, 2-4pm, The Gate*


**Move It To Music**   
Interactive session for children, parents and carers to dance to get active with music and dance. *Mon, 1.30-2.30pm, Stratford*

**Baby Massage**   
Five-week course. Register at Rebecca Cheetham Children's Centre on 020 8534 3136  
*Weds, 1-2pm, Stratford*

**Storytelling Crafts**   
*Mon, 11-11.45am, Beckton*

**Sing-a-long**   
Storytelling and nursery rhymes  
*Tues, 10.15-11.30am, Beckton*

**Baby Rhyme Time (Up to 12mths)**  For babies and parents to enjoy songs, develop communication skills through sign. *Weds, 12.30-1.30pm, Manor Park*

**Music and Movement**  For children and parents or carers to get active using different types of dance and instruments. *Tues, 9.30-10.15am, Plaistow*


**Sensory Storytelling** *Second and fourth Fri of month, 1-2pm, Green St*

**Bumps and Bundles Group** Interactive session for parents and carers of babies under 18 months. *Mon 10am-12pm, Stratford*


**Toddlers Messy Play**  Play session run by St Stephen's Early Start. *Fri, 2-3pm, Green St*


## YOUNG PEOPLE




**Games Club (7-16yrs)**  Sony PS3, Xbox360, Wii, board games and more. *Tues, 3.30-5.30pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town*

**Young Readers Club (7-12yrs)**  *Tues, 4-5.15pm, North Woolwich*

**East Ham Youth Zone**  Sony PS4, DJ decks and other activities. *Tues, 4.15-7.15pm, East Ham*


**Froud Young Project (7-16yrs)**  *Mon, 3.30-5.30pm, Jack Cornwell C.C*


**Arts and Craft Workshop (6-12yrs)**  *Mon, 4-5pm, Beckton; Sat 2-3pm, Canning Town; Sat, 2-3pm, Custom House; Sat, 1-2pm, Green St; Sat, 2-3pm, North Woolwich; Tues, 3.30-5pm, Plaistow; Tues, 4-5.30pm, The Gate*

**East Ham IT Youth Zone**  Support in using IT for homework and fun. *Mon, 4.15-6.15pm, East Ham*


**Family Movie Club**  *Sat, 3-5.30pm, Green St (up to 12yrs); Sat, 2-4pm, Plaistow; Sat, 5.30-7.30pm, East Ham; Thurs, 4-7pm, North Woolwich;*

*Sat, 4-6pm, Manor Park; Tues and Sat, 4.30-6.30pm, Beckton Globe; Fri, 4-6pm, The Gate*

**Young People's Positive Activities (9-19yrs)**  *Weds, Fri, 7-9pm, Harold Rd Centre*

**Time-2-Craft (16yrs+)**  Various handicrafts. *Sat, 10am-12pm, Stratford*

**Children's Movie Club (5yrs+)** *Thurs, 4-7pm, North Woolwich; Sat, 4-6pm, Manor Park; Tues, Sat, 4.30-6.30pm, Beckton; Fri, 4-6pm, The Gate*

**Table Tennis Mondays**  Meet new people and try your hand at table tennis. *Mon, 4-7.30pm (children), The Gate*


**Lego Club** Create Lego models based on weekly themes, *Sat, 3-4pm, The Gate.*


**Science Club** *Thurs, 4-5pm, The Gate*


**Gymnastics Classes** For boys and girls at Talent Central Cheer and Dance, Unit 27A, Gallions Reach Shopping Centre, E6. *Tues and Thurs, Age 3+, 9.45-10.45am, 2pm-3pm; Weds, home school, 9.45-10.45am; Fri, mothers and babies, 10-10.45am. Call 0742 815 4301 to book.*

**Tae Kwando Club**  Contact [khanqublackbelt@yahoo.co.uk](mailto:khanqublackbelt@yahoo.co.uk) or call 07984 684 805 for more info. *Fri, 6.45-7.45pm, Green St.*

**The Chill Spot (11-19yrs)**  Activities include table tennis, discussions, creative workshops. *Mon, Weds, 3-6pm, Stratford.*

**Drama Theatre (13+)**  Free drama workshop. *Weds, 4.45-6.15pm, Plaistow*


**Street Dance (13+)**  *Weds, 5-6pm, Plaistow; Fri, 5-6.30pm, Beckton*

**Code Club (7-11)**  Scratch, Python, cartoons, websites and more. Booking required. *Sat, 10-11am for*

*beginners or 11am-12pm for improvers, Custom House; Tues, 4-5pm, Green St*


**Junior Football Sports Coaching - activeNewham (7-12yrs)**  *Fri, 4-6pm, Jack Cornwell C.C*

**Performing Arts Activities** A range of dancing and singing, family arts activities. *Fri, 5-7.30pm, East Ham*

**Open Mic Performance**  Excitingly funny, comedy, poetry, singing and music session. *Sat, 6-7.30pm, Canning Town*

**Easter Half-Term Activities** Reading challenge, raffle prizes and other activities at half term. For ages 0-13 yrs, *Mon-Sat, 3 Apr-15 Apr, Green St*

**Story Reading and Easter Craft** Seasonal craft activity for children. *Mon, 2.30-4pm, 10 Apr - Weds, 2.30-4pm, 12 Apr, Manor Park*

**Easter Drama Workshop**  Try something different with our special drama workshops for all ages. *Fri, 2-4pm, 7 Apr; Thurs, 2-4pm, 13 Apr, East Ham*

## ACTIVITIES AND SUPPORT




**Afternoon Tea**  *Weds, 4-5.30pm, Canning Town*

**Chess Club**  *Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Thurs, 5.30-7.30pm, Stratford; Tues, 1-2pm (adults), 5.30-7.30pm (children), The Gate; Thurs, 5-6pm (beginners), Thurs, 6-7pm (improvers), Custom House; Weds, 5-6pm, (children), Weds, 6.30-7.30pm (adults), 5.30-6.30pm (children), Canning Town; Weds, 5.30-7.30pm, Green St; Weds, 3.30-5pm, Plaistow*

**Coffee Mornings**  *Tues, 11.30am-1pm, Beckton; Mon, 11am-12.30pm, North Woolwich; Thurs, 10.45am-12pm, Canning Town; Tues,*

*11am-12.30pm, Custom House; Fri, 11am-12pm, Green St*


**Do It Online (18yrs+)**  Computer classes. *Weds, 2-3.30pm, Beckton; Tues, 10am-12pm, East Ham; Weds, 2-4pm, Stratford; Tues, 2-3.30pm, North Woolwich; Thurs, 1.15-2.15pm, Custom House; Tues, Thurs, 11am-1pm, Green St; Weds, 10am-12pm, Plaistow*

**Knit & Natter (16yrs+)**  *Fri, 10.45am-12pm, Canning Town; Weds, 10.30am-12pm, Beckton; Tues, 10.30am-12.30pm, Manor Park; Fri, 10am-12pm, East Ham; Weds, 10.30am-12.30pm, Green St; Fri, 10am-12pm, Plaistow*

**ICT Drop-in Session** Set up a My Newham profile and create an email account. *Weds, 11-1pm, The Gate; Mon, Weds, Sat, 9.30-11am, Stratford*

**Life in the UK Classes** Support for people taking the life in the UK test and B1. Call 0208 542 3904. *Tues, 10am-12pm, Beckton; Fri, 12.30-2.30pm, Green St; Weds, 10am-12pm, East Ham; Tues, 12.30-2.30pm, Stratford; Weds, 12.30-2.30pm, Plaistow*

**ESOL for Beginners** For adults seeking to improve their English. *Tues, 9.30-11.30am, Weds, 9.30-11.30am, Jack Cornwell C.C*

**Citizens Advice Sessions**  Sessions on money management. *1st Mon of month, 11am-1pm, Manor Park*

**Basic Computer Skills**  *Fri, 10.30am-12.30pm, Manor Park*

**My Newham Workshop** Register with My Newham and access council services. *Tues, 6-7.30pm, Manor Park; Mon, 11.30am-12.30pm,*

**English Conversation Club** Practise spoken English. *Tues, 10.30-11.30am, Beckton; Mon, 6-7.30pm, Weds, 10.30-11.30am, Manor Park; Thurs,*



3-4pm. Rabbits Rd Institute; Sat, 10am-12pm, Stratford; Mon, 10-11am, Jeyes C.C.; Mon, 10-11am, Plaistow; Thurs, 10.30-11.30am, Green St

### Stratford London

**Toastmasters** Public speaking club. First and third Mon of month, 6-8pm, Stratford

### Docklands Drop-In Group

Weds, 1-3pm, Beckton C.C.

### Basic English for Beginners

Tues, 12.30-2.30pm, Green St. Call 020 8542 3904 for info.

### Poetry Group (16+)

Sat 11am-1pm, Mon, 6-7.30pm, Stratford; Weds, 6-7.30pm, East Ham; Thurs, 6-7.30pm, Green St; Tues, 2-3.30pm, Jack Cornwell C. C.. Email sonesquin@hotmail.com

### International Lunch Club

£3 per meal. Mon, 12pm, Beckton C.C.

### Dominoes

Sat, 2.30-7pm, Beckton

### Conversation/debate

**Class for ESOL** Improve your spoken English with friendly beginners conversation and debate club. Thurs, 6-7.30pm, Stratford; Tues, 6-7.30pm, Canning Town.

### Memory Lane Café

For people with dementia and their carers. Third Weds of the month, 12-3pm, Jack Cornwell C. C.

### Hatha Yoga (18yrs+)

Bring your own mat. £3. Fri, 10.45am-12.15pm, Jack Cornwell C.C.

### Table Tennis Mondays

Mon, 11am-4pm, The Gate

### Board Games for Adults

(18+) Carrom Board, chess and other board games for adults. Thurs, 5.30-7.30pm, The Gate

### Time for Technology

Fri, 2-3.30pm, The Gate

### Chair Based Exercise Group

For all adults. Gentle stretches and exercises for all abilities. With qualified teachers. Mon, 12.30-1.30pm, Green St.

### Workplace Drop-Ins

For residents looking for employment to discuss job vacancies, training etc. Every Fri, 10.30am, Green St; Thurs, 3-5pm, 27 Apr (fortnightly), Manor Park; Thurs, 2-5pm, 20 Apr (fortnightly), Canning Town; Tues, 2-5pm, 11 Apr (fortnightly), Custom House; Tues, 2-4pm, 11 Apr (fortnightly) The Gate; Weds, 3-5pm, 19 Apr (fortnightly) East Ham; Weds, 2-4pm, 12 Apr (fortnightly), Stratford.

### Embroidery and Textile

**Club (16+)** Learn new sewing skills or find new ways to make things using textiles. Thurs, 10.30am-12.30pm, embroidery; Thurs, 6.30-7.30pm textiles, Manor Park; 6-7.30pm, Green St.

### Creative Writing and

**Poetry Group (16+)** Thurs, 6.30-7.30pm, Canning Town

### An app a day

Learn how to make the most of your devices. Thurs, 6-7.30pm, East Ham; Mon, 6-7.30pm, Canning Town; Tues, 6-7.30pm, Manor Park; Weds, 6-7.30pm, Stratford

### Every Child a Musician

**Karaoke Choir** All ages. Sat, 6-7pm, Canning Town

### Drop in Embroidery

**Class (50+)** Join our friendly embroidery group. No previous experience necessary, materials supplied. Mon, 11.30am-1.30pm, East Ham

### Pampering workshop for adults

Skin care, nail art or make your own products. Mon, 6-7.30pm; Fri, 11.30am-1pm, Manor Park; Thurs, 6-7.30pm, Green St

### Pop In Bingo (18+)

Come and join with your local community and get ready to shout Bingo. £1 per book. Tues, 1-2pm, North Woolwich

### Board Games for Adults

(15+) Play and learn about board games. Thurs, 5.30-

7.30pm, The Gate

### Together We Can

Fortnightly group for adults under 50 who've suffered a stroke. Fri, 2-4pm, Plaistow

### CityRead celebration of History Writing Workshop

For all ages Tues, 11 Apr, 6-7.30pm, Manor Park

### Branch Out Taster Session

Social group for people with Asperger's and Autism Thurs, 1-3pm, 13 Apr, Plaistow

## COMMUNITY ACTIVITIES

### Mums2be Meetup

Information and support for expectant parents. Third Sat of every month, 10-11am. Email newham@nct.org.uk

### Mums, Bumps and Babies

Fri in various cafes around Newham. Visit [www.netmums.com](http://www.netmums.com) or email [jojostevie@live.com](mailto:jojostevie@live.com)

### ManorFam

Brings families together to make friends. Sat, 2-3.30pm, Manor Park

### Singing for Health

Tues, 2-3.30pm, Jack Cornwell C. C

## BOXING AND SELF DEFENCE

### Boxing (Newham College)

Mon, 5-6pm, East Ham College, High St South, E6

### Fight For Peace Boxing

Mon to Fri, 4-5pm 10-14yrs; Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

### Boxing and Self Defence

Tues, 5-6pm (16+), 4-5pm (6-11yrs), Jack Cornwell C.C

### West Ham Boys ABC

Mon, Weds, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12pm, £2. 2 London Rd, E13. Call 020 8472 3614

### Martial Arts (7-12yrs)

£2. Tues, 6.45-7.45pm, Thurs

4.45-5.45pm, Beckton

### Martial Arts

Learn new skills, self defence. Adults, £3. Thurs, 6-7pm, Beckton Globe; Sat, 2-4pm, Beckton C.C.

### Self Defence/Martial Arts

Learn new skills with our, fun, mixed martial arts classes. Open to all ages and abilities. Fri, 6.45-7.45pm, Stratford

### Bootcamp and Karate

Tues, 5-6pm, Bootcamp; Thurs, 5-7pm, Karate, both at Newham College, Stratford Campus, Welfare Rd, Stratford

## HEALTH AND FITNESS

### Salsa Dancing (18yrs+)

Mon, 3.15-4.45pm, Beckton C.C.; Tues, 11.45am-12.45pm, Field C.C.; Sat, 6-7.30pm, Stratford; Sat, 2.30-5pm, The Gate

### Nordic Walking

Weds, 9.15-10.30am. Meet at Field C.C. Not suitable for wheelchairs.

### Tai Chi Class

Fri, 10-11am, Beckton C.C. Fri, 11am-12pm, The Gate. Fri, 5-6pm, Beckton Globe; Fri, 11am-12pm, Forest Gate; Thurs, 6-7pm, East Ham

### Yoga

£5. Thurs, 6.30-7.30am, Grassroots; Free. Mon, 6-7.30pm, Beckton; £1. Weds, 6-7.30pm, East Ham; Sat, 10am-12pm, Plaistow; Mon, Tues, 6-7.30pm, Green St; Thurs, 6.15-7.45pm, The Gate; Tues, 1.30-3pm, Stratford; Tues, 1.30-2.30pm, Over 50s £2, Jack Cornwell C. C.

### Tone-Tastic (18+yrs)

Mon, 2-3pm, Weds, 9.30-10.30am, Field C.C

### Aerobics

Tues, 9.30-10.30am, Jack Cornwell C.C £2

### Walking Group

Meet at the library. Sat, 10am-11am, Plaistow

### Stroke Club (18+)

For men and women living with

the effects of stroke. *Weds, 2-5pm, Katherine Rd C.C; Fri, 1.30-3.30pm, Jack Cornwell C.C.*

### Relaxation & Yoga

*Weds, 1.30pm-2.45pm, Well Community Centre, Vicarage Ln, East Ham.*

### Zumba classes

*London Tamil Sangam Centre, 369 High St North. Thurs, 7-8pm, £5 per class. Call 07720 805505*

### Mixed Ability Dance Group

Learn new dance jam moves and make new friends in our monthly group, open to all abilities. *Weds, 5.30-7.30pm, Stratford.*

**Hula Hooping** Fun sessions. No experience needed. *Weds, 6-7pm (18+), Stratford*

### Adult Drama Workshop

*Mon, 6-7.30pm, East Ham*

### Pilates Classes (18+)

*Mon 9.30-10.30am, Jack Cornwell C.C, Thurs, 6-7pm, Manor Park*

**Unity Zumba** *Mon, 8-9pm, Lister Room, East Ham Town Hall, E6; Tues, 8-9pm, St Mark's C.C; Thurs, 8-9pm, St Mark's C.C* Classes £5 per session. For details go to [info@ufdance.co.uk](mailto:info@ufdance.co.uk)

### Diabetic Support Session

Get friendly advice from health professionals and tips on healthy lifestyle. *Third Fri of month, 21 Apr, 5.30-7pm, Manor Park*

## 50+ ACTIVITIES



### Bingo

*Mon, 1-2pm, Beckton C.C; Mon, 12-4pm, Jeyes C.C; Thurs, 7-9pm, Jack Cornwell C.C*

### ICCAN

Faith based group with cultural activities. *Fri, 12-2pm, Jeyes C.C*

### Active Centre Group

*Weds, 12-4pm, Field C.C; Mon, Weds, Fri, 1.30-4pm, Beckton C.C.*

### Dominoes Group

*Fri, 5-9pm, Field C.C; Weds, 1.30-4.30pm, Plaistow*

### Chair Based Yoga

*Tues, 12.30-1.30pm, Manor Park*

### Forever Young

Enjoy community activities and make new friends. *Weds, 11am-1pm, Beckton; Weds, 10.30am-12.30pm, Field C.C.*

### Happy Living Club

Indoor/outdoor activities. *Tues, Weds, 1.30-5.30pm, Jeyes C.C*

### Holiday Spanish Club

*Weds, 12.30-1.30pm, Manor Park*

### Walking Football

Email: [dgheerawo@westhamunited.co.uk](mailto:dgheerawo@westhamunited.co.uk) or call 07803 201299. *Tues, 10-11am, Priory Park*

**Get Active, Get Healthy, and Exercises for Fitness** *Thurs, 11-12pm, Jack Cornwell C.C.*

**Get Active, Get Healthy – Walk to the Park**

*Mon, 10.30-11.30am, Manor Park*

### Community Food Growing Project

*Weds, 10am-12pm, fortnightly, East Ham*

**Community Cooking Project** Six-week course. £6. *Tues, 10am-12pm and 12.30-2.30pm, East Ham*

### Pilates Class

*Tues, 9.30-10.30am, Field C.C*

### Chair Based Exercise

For all fitness levels. *Fri, 10.30-11.30am, East Ham*

### Fitness

*Fitness circuit, mixed, 9.15-10am, Thurs; Fitness circuit, mixed, 10-10.45am, Thurs; Zumba, 1-2pm, Tues, ladies only; Exercise for ladies, 9.30-10.30am, Fri; Exercise for ladies, 10.30-11.30am, Fri, yoga for ladies, 1-2pm, Fri. Katherine Rd C.C; Tues, 11am-1.30pm, Beckton C.C.*

**Games and Friendship Club** Chat and make friends over games and a cuppa.

*Thurs, 11am-1pm, East Ham*

### Weekly Tea Dance

*Weds, 2.30-4pm for 10 weeks. The Hub C.C*

### Pilates and Back Care Class

*Mon, 10-11am, East Ham*

### Art Class

Booking essential. *Fri, 11am-1pm, The Gate*

### Line Dancing

*Thurs, 10.30-11.30am, Bryant St C.C*

### Carers Exercise Class

*Thurs, 11am-12pm, Manor Park*

### Passport for Health

*Weds, 10.30-11.30am, Jack Cornwell C.C*

### Aqua Fit

*Mon, 2.30-3.30pm, Atherton Leisure Centre, no booking needed.*

### Body Balance

*Weds, 2.30-3.30pm, Atherton Leisure Centre, no booking required.*

## GREEN



**Green Gym** *Weds, 10am-1pm, and last Sat of month, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973156*

**Green Volunteering** *Tues and Thurs, 10am-2pm Silvertown Wy, E16 (opp. Hallsville Rd)*

### Garden Club

*Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15*

### Gardening Thymes

**Gardening Club** *Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6*

### Caravanserai Garden

**Volunteering** *Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863384*

### Community Gardening

*Tues, 11.30am-2.30pm, St John's Green Community Garden; Tues, 11am-1.30pm, Beckton C.C*

### Greenway Orchard

**Volunteering** Join the Green Gym and get dug in with some gardening. Greenway at the

access point on Boundary Rd. *Thurs, 11am-2pm.*

### Community Food Growing Project

Come and grow together in our new community growing space. *Weds, 10am-12pm, East Ham.*

## DOORSTEP CLUBS



Call 0300 124 0123. unless otherwise stated.

### Athletics Club (14yrs+)

A multi-sport session focusing on athletics, football and the gym. *Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394756*

### Gym & Basketball (14yrs+)

*Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16*

## FEMALE SPORTS

### Basketball Sessions

*Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20*

### Female Boxfit (14yrs+)

*Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783526*

### Girls Group Cycling (11-15 yrs)

*Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13*

### Modern Arnis Martial Arts (16yrs+)

*Tues, 5-6pm. Call 07473 030250. Jack Cornwell C.C*

### Female Only Gym Sessions

*Mon, 3-4pm, 16-25yrs. Mon and Weds, 7.30-10.30pm. Tues and Thurs, 12-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65*

### Get Back into Netball

*Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £5. Lister Community School, E13. Email: [opanetballclub@hotmail.com](mailto:opanetballclub@hotmail.com)*

### Abs Blast (11-15yrs)

*Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13*

### Fun Female Fitness (14yrs+)

*Weds, 5-6pm, Newham College, East Ham Campus, E6 6ER. Email: [sports@newham.ac.uk](mailto:sports@newham.ac.uk)*



## Female Only Zumba

Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6. £1. Call 07741 292893; Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Rd, E16 2DE. £2.50

## Dare2Dance (12-16yrs)

Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

## SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE



## Ability Club (14-25yrs)



Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13

## Swim for Families



### Dealing with Autism

Weds, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

## Family Swims



Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123.

## Get Fit for Free



Tues, 1.30-3.30pm and Fri, 10am-12pm. Gym for people with learning disabilities. Newham Leisure Centre, E13. To book induction call 0300 124 0123

## RUNNING AND ATHLETICS



## Beckton Park Run

Sat, 9am, Beckton Park South, E16. Call 07718 394756 [www.parkrun.org/beckton](http://www.parkrun.org/beckton)

## East End Road Runners

Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261647.

## Running and Athletics

Newham & Essex Beagles

Athletics Club. Visit [www.newhamandessexbeagles.co.uk](http://www.newhamandessexbeagles.co.uk) for more details

## SPORTS



## Black Arrows Badminton Club

Adults: Fri, 7-9pm, Juniors: Sat, 10am-12pm, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037173

## Adult Tennis (16+)



Sat, 9-10am, 10-11am, 11am-12pm, Central Park (tennis courts), High St South, East Ham, E6 6ET. Sun, 9-10am, 10-11am, 11am-12pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: [michelle.daniel@activenewham.org.uk](mailto:michelle.daniel@activenewham.org.uk) 07741 293513

## FOOTBALL



## AIR Football (16yrs+)



Tues, 1-3pm, Fri, 10am-12pm, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit [www.airfootball.co.uk](http://www.airfootball.co.uk)

## Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

## Premier League (16yrs+)

6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

## WHU Kicks

Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat, 10.30am-12pm, Newham Leisure Centre, E13

## Ascension Football

Sat, 9.15-10.45am, £3, reception to year 11. Royal Docks School, Prince Regent Ln, E16. Call 07806 584925 or 020 7511 1232

## BASKETBALL



## Basketball & Multi Sports

Fri, 5-6.30pm, 8-19yrs, Snowhill MUGA, Snowhill Rd, E12

## Basketball Sessions

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

## NCFE Sports – Basketball

Thurs, 5-7pm, East Ham Leisure Centre. To register email: [sports@newham.ac.uk](mailto:sports@newham.ac.uk) or call 020 8257 4255

## Senior Programme



Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401616

## COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated.

**Tues, 11 Apr, 3.30pm**, Newham Partnership – Children and Young People Trust, Newham Dockside, 1000 Dockside Rd, E16 2QU

**Tues, 11 Apr, 7pm**, Strategic Development Cttee, Council Chamber, Old Town Hall, Stratford, E15

**Tues, 18 Apr, 7pm**, Overview and Scrutiny Cttee

## CONTACT THE MAYOR

## Here to Help sessions

Please register 30 minutes before session starts.

**Thurs, 13 Apr, 11am**, Canning Town Library, 105a Barking Rd, E16 4HQ

**Tues, 18 Apr, 5pm**, The Gate, 4-20 Woodgrange Rd, Forest Gate, E7 0QH

## Telephone surgery

**Weds, 12 Apr**. Please call 020 8430 2000 between 10am and 11am

## CONTACT DETAILS

### LIBRARIES & COMMUNITY NEIGHBOURHOODS

**Beckton Globe** 1 Kingsford Wy, E6  
**Canning Town** Barking Rd, E16  
**Custom House** Prince Regent Ln, E16  
**East Ham** 328 Barking Rd, E6  
**Green Street** 337-341 Green St, E13  
**The Gate** 2-6 Woodgrange Rd, E7  
**Manor Park** 685-691 Romford Rd, E12  
**North Woolwich** 5 Pier Parade, E16  
**Plaistow** North St, E13  
**Stratford** 3 The Grove, E15  
**Archives and Local Studies** 020 3373 6881  
**Community Outreach** 020 337 30813  
**Church of God** 37 Manor Park Road, E12, 020 8911 9494

### LEISURE & SPORTS VENUES

**Atherton Leisure Centre** 189 Romford Rd, E15  
**Balaam Leisure Centre** 14 Balaam St, E13  
**East Ham Leisure Centre** 324 Barking Rd, E6  
**Newham Leisure Centre** 281 Prince Regent Ln, E13  
**NewVic** Prince Regent Ln, E13  
**UEL SportsDock** Docklands Campus, University Wy, E16

### COMMUNITY CENTRES (C.C)

**Beckton Community Centre** 14 Manor Wy, E6, 020 7511 1214  
**East Ham Market Hall** Myrtle Rd, E6 1HY, 020 8471 0292  
**Field Community Centre** 147 Station Rd, E7 020 8536 2800  
**Grassroots Centre** Memorial Park, Memorial Ave, E15, 020 3373 0650  
**The Hub** 123 Star Ln, E16 020 3373 0750  
**Jack Cornwell Community Centre** Jack Cornwell St, E12 020 8553 3459  
**Jeyes Community Centre** 1 James Cl, E13, 020 3373 2205  
**Katherine Rd Community Centre** 254 Katherine Rd, E7, 020 8548 9825  
**St Mark's Community Centre** 218 Tollgate Rd, E6, 020 7474 1687  
**Vicarage Ln Community Centre** Govier Cl, E15, 020 8519 0235  
**Harold Rd Centre** 170 Harold Road, E13 0SE, 020 8472 2805  
**Queens Market** Green St, E13  
**Rabbits Rd Institute** 835 Romford Rd, London E12 5JY  
**Royal Docks Learning Activity Centre** Albert Rd, North Woolwich, E16 2JB  
**St John's Green Community Garden** Albert Rd, North Woolwich E16 2JB  
**St John's Church** Broadway, Stratford, E15 1NG  
**St Bartholomew's Church & Centre**, 292b Barking Road, E6 3BA  
**London Road**, 1 London Road, E13 0AT  
**The Community Resource Centre**, 200 Chargeable Lane, E13 8DW 020 3373 2697  
**St. Paul's Church Centre**, 227 Burges Rd, E6 2EU

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